She may only be four, but Daisy Duffill of Theodore is already a great lover of books. So much so, she raised the most amount of anyone in the ACT in this year’s MS Readathon.

Daisy was one of 483 children across the territory who participated in this year’s readathon, raising a record-breaking total of $85,807, with all funds going to support the families of more than 25,600 Aussies living with Multiple Sclerosis.

Daisy reached her goal of being read 100 books by her mum Rebecca and dad Blake.

She also raised $2,205 towards the cause.

Across Australia 274,504 books were read in this year’s MS Readathon.

Pictured: Four-year-old Daisy Duffill of Theodore

REGISTRATION OPEN!

The ACT MS Symposium 2020 will focus on inflammation and brain health in multiple sclerosis. We have secured knowledgeable Australian National University and external speakers and will host a panel discussion to respond to your most burning questions.

Instead of an all-day in-person event, we will have a whole week of online “morning tea” seminars. Because of the format this year, we are pleased to include international speakers in the lineup.

So make yourself a cuppa and join us live or watch each session on-demand at a later time if you cannot attend.

View the program and register here: eventbrite.com.au/e/120131904761
Going the distance for MS (Over 600,000kms!)

Thank you to all of our ACT riders and supporters of the 2020 MS Gong Ride Virtual! Incredible people from all over Australia and overseas committed to ride more than 600,000km last month to fight multiple sclerosis – that’s the equivalent of cycling the circumference of the world 15 times!

Riders chose from one of eight distances, ranging from 82km to a whopping 3,740km (the equivalent of riding Perth to Wollongong!) to raise funds to support people living with multiple sclerosis. Brad McGee, World Champion Cyclist, provided an exclusive training program to get the riders pedalling in tip top shape for MS.

This year has been the first year the MS Gong Ride has taken place virtually. The MS Gong Ride is a strong community with a 39-year legacy of participants, supporters, donors, and volunteers who every year come together to raise much needed funds to help over 25,600 Australians living with multiple sclerosis.

Inspiring fundraisers, international riders and people living with multiple sclerosis have shared their personal stories behind their ride.

To meet the MS Community, visit: www.msgongride.org.au/meetcommunity

If you would like to know more about the 40th MS Gong Ride in 2020, visit www.msgongride.org.au/event/classic/ to register your interest and you will be the first to know about the milestone event!

TELEGROUPS

If you’re interested in connecting with others in a similar situation to yourself, the groups that we currently have meeting are:

- Under 30s Telegroup
- Men with MS Support Group
- Mums with MS
- Women support group
- Women in the 40 to 64 aged group
- Family and Friends
- Over 65’s support group
- People with MS – general group for people wanting support & to share information

For more information please call MS Connect on 1800 042 138 or email msconnect@ms.org.au.
COME RAIN, HAIL OR GLOBAL PANDEMIC – NOTHING STOPS PEOPLE

DOING IT FOR MS!

Not even a global pandemic and social distancing can stop people Doing It For MS in 2020! Fundraisers have embraced the limitless possibilities offered through the MS Community Fundraising program to craft their own unique, safe and social distancing compliant ways to honour their own or a loved one’s MS story through fundraising activities.

The MS Community Fundraising team are always here for you and ready take your passion for the cause and turn it into something fun and impactful – even if you don’t know where to start yourself! From harnessing the power of your special moment like a birthday or anniversary; to setting your own personal challenge like a head shave; to engaging with your networks and community through virtual catch-ups, streamed music performances or costume challenges; or even by turning your talents into a mini-business! The MS Community Fundraising Team helps you take what you have and where you are and turn it into amazing fundraising activities – so you can bring out your inner fundraising champion.

Want to share your passion with the world and brighten up other people’s lives? You could take some inspiration from Mark (Croc) who is using his photographic talents to create a beautiful calendar with profits benefiting MS. Croc’s Coastal Calendars is certainly not Mark’s first foray into the fundraising space – in fact his inspirational story has helped inspire thousands of people to raise money through MS Events and appeals. Mark credits a call to MS Connect, not long after his own MS diagnosis, with saving his life. A true champion, always willing to pay it forward, Mark has shared his deeply personal story with the wider community and even volunteers as an MS Ambassador.

For Mark, photography is a great passion in fact it has been his way out of the darkness of diagnosis. Croc says “After my call to MS connect I made it a personal promise to give back to MSL to help try and stop people going to that dark place. I also found photography was helping me mentally so I thought if a photo can change me well maybe a photo might create a new memory or even bring back a happy one. This is why I’m hoping to sell some calendars to hopefully create some new memories and maybe make a change to donate funds to MS so no-one has to face MS alone.”

Feeling like changing-it-up? Maybe you could take some inspiration from Lawrence who used his interest in traditional wet-shaving techniques and membership of a wet-shaving Facebook community to run his first ever fundraising event and raise $1201. Lawrence was inspired to invent this fundraiser in honour of his late sister-in-law who lived with MS for 30 years saying “No matter how hard things were for Carole she was always positive about her life and had a smile for everyone. So I’m raising vital funds to support people like Carole living with multiple sclerosis.”

Ready to sweat it out for a good cause? Amelia decided to do just that after her close friend was diagnosed with relapse remitting multiple sclerosis in early 2020. She created a Do It For MS fundraising page and has pledged to run 8km to raise $800 for MS so that she can contribute to the ongoing support that people living with multiple sclerosis can receive through MS’s vital services – so far she has raised $170 for the cause and her run hasn’t even started!

FUN(draising) FACT ALERT!

92% of all Do It For MS community fundraiser heros are people living with MS, their relatives or friends!

That makes the MS Community Fundraising Team your one stop destination for making some truly meaningful magic out of an MS journey.

If you’d like some help to craft your MS story into inspirational fundraising activity feel free to contact communityfundraising@ms.org.au call Erin on 03 9845 2825 or visit www.doitforms.org.au
This year, due to COVID-19 restrictions, the MS Art Exhibition was transformed into a virtual art show, as we recognise the historical importance and value of this art initiative to the MS community. Under the theme “Celebrating resilience through art” the MS community, carers and families of people living with MS were invited to join us for a celebration of art and creativity.

The Virtual art show exceeded our expectations and both delighted and humbled us with the beautiful art we received. We received 137 art works, a wonderful mix of paintings, illustrations, photographs, sculptural works, and craft works. The theme of celebrating resilience was movingly bought to life in the art works and the descriptions the artist provided of their works captured the essence of how art has the power to give hope, courage, connections and healing. We also asked the artists to share their stories of resilience through their art works. Each story had a powerful message. Themes in the resilience stories included celebrating natures resilience to inspire human resilience, discovering new personal gifts and aspects of self through exploring art, putting together broken parts to feel whole again and Art as a way of finding peace and connection in disruption.

2020 MS Art Show Award winners:

The Barry Allen Award was presented to Leah Breninger’s *Peregian Beach Entrance* is a noteworthy painting that transports you away to a sandy trail, leading to a sparkling beach. The work elicits anticipation, and a palpable sense of warmth. The dappled light, filtering through spindly trees, recalls the work of the Impressionists of the late 19th century who were concerned with the changing effects of light on the landscape.

Highly Commended Sculptural/Craft Artwork:
*Baroque Palace Doll’s House* by Maureen Caelli is a tour de force! Created over 5 years, with tremendous attention to detail, this needs to be awarded for effort. Highlights are the murals on the walls and ceilings. It is a truly impressive, joyful work - a heroic labour of love.

Highly Commended Paintings/Illustration:
*Flannel Flowers* by Peter Spies captures a collection of these intriguingly beautiful, simple flowers as they sway in the breeze. A recognised emblem of Sydney and surrounds, this acrylic painting of flannel flowers demonstrates the humility and magnificence of flowers in a field of greenery.

Highly Commended Digital Artwork and photography:
*Scooter, mask and coffee | My MS Normal*, Paul Gallagher
This is a depiction of now, a contemporary framing of life during restrictions in the pandemic. The subject, also the photographer enjoys a coffee in the sun, one of our few daily pleasures.
Managing Fatigue in MS  Thursday 5 November, 7:00 - 8:00 pm  
A recorded conversation with MS Occupational Therapist

Speech and Swallowing in Multiple Sclerosis  Monday 9 November, 11:00 am - 12:00 pm  
This webinar will be presented by Kate Morris, Speech Pathologist and Team Leader from Everyday Independence.

Tai Chi by Webinar (6-week series)  Tuesdays 10 November to 15 December 2020, 10.30 - 11.15 am  
This six-week program is presented by Josephine Couper. Josephine has been registered as a teacher with the Wushu Tai Chi Qi Gong Australia (WTQA) for 10 years.

Preventing Falls  Wednesday 18 November, 10:45 - 11:30 am  
This webinar is presented by Phu Hoang MS Physiotherapist.

Sleep Well with Multiple Sclerosis  Friday 20 November, 10:00 - 11:00 am  
Presented by MS Education and Wellbeing Coordinator, Andrea Salmon

Accessing, Understanding and Preparing for the NDIS  Thursday 26 November, 11:00 am - 12:00 pm  
Do you want to know how to access the NDIS? Join Pam Williams, Engagement Team Leader, as she discusses how the Engagement Team can support you to do this.

Working with Multiple Sclerosis  Thursday 3 December, 7:00 - 8:00 pm  
Are you aware of your rights and responsibilities and your employer’s obligations in your workplace? Led by MS Employment Support Consultants, Shannon Moyle and Harshi Franciscus, this program will include:

- Strategies for symptom management in the workplace
- Discussion about disclosure of multiple sclerosis at work
- Superannuation and insurance considerations
- Who to contact regarding work issues

To register for any of these Webinars click on the links above.

For more information please email education@ms.org.au or call MS Connect™ (Freecall 1800 042 138)
MS Peer Support Groups

- My Safe Space for young people living with MS, Monthly, first Saturday of the month
- People with MS Support Group - Gloria McKerrow House, Deakin
  Last Friday of Every Month
  (except December), 12:30pm to approx. 2:00pm
- Batemans Bay - Eurobodalla Peer Support Group, 1st Thurs of month, 11:30am–1:30pm
- Cooma/Berridale Peer Support Group, 1st Wednesday of each month, Time and venue varies

Self Help Groups

- HSCT for MS Support Group, Deakin
  1st Friday of each month, 5:30pm-7:00pm
- MS Café Group
  2nd Wednesday of each month, 10:00am
- Taking Control of MS Group, Deakin
  2nd Saturday of each month, 2:00pm – 4:00pm
- Art Group, Deakin Weekly, Every Second Friday Afternoon, 12:30pm – 2:30pm
- Mindfulness Practice Meeting, Deakin Monthly, Last Friday of Each Month, 10:30am – 12pm

For more information please call MS Connect on 1800 042 138 or email msconnect@ms.org.au

A DECISION THAT MADE ME VERY HAPPY

Kentucky south is a very small country town in NSW. Located 21 km from the larger Uralla. In the 1950's it only had a post office, a railroad shed and a bus shelter.

This is where Lindsay was born. As the third youngest from a family of ten children, Lindsay grew up within a close-knit family group. He especially recalls the affection and closeness with his aunt and uncle.

It was not long before Lindsay had to go further away, to the town of Barraba, to find work. He found employment in the mines. Here he drove 80 tonne dump trucks.

Now retired Lindsay feels a strong connection with people living with multiple sclerosis. Even though he has never met someone with this condition. Through his contact with Multiple Sclerosis Limited (MSL), he has learned much about the work MSL does.

He now wanted to leave behind a testament of his values and continued support. Thus, he has decided to leave a gift in his Will to Multiple Sclerosis Limited. The organisation that looks after the wellbeing of people living with multiple sclerosis.

Through MSL communications he finds out about the work that MLS does. Lindsay knows that he is supporting a charity that he trusts. It is the one that is ensuring people with multiple sclerosis do not have to face it alone, now or in the future.

Lindsay was very excited when he called us to let us know that he has included MSL in his Will. This decision made him feel very happy.

Want to feel very happy? Leave a message of your values?

Whatever the amount, we are grateful. Any gift big or small will make a difference. You will provide future vital support so people living with multiple sclerosis.

Contact Michael or Laura on 1800 443 867 (1800GIFTMS) for more information.

Check our website: www.mymslegacy.org.au or write to futureplanning@ms.org.au

We are here so no one needs to face MS alone.